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What is Claimed Is:

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An ergonomic support mountable on various seat frames characterized in that:
 a static portion (52) having anchors and mounts, said mounts being adaptable to fix
 said static portion to varying seat frames;

an active portion (54) operatively engaged with said anchors of said static portion such that said active portion can move in and out of a plane defined by the frame of the seat, and said active portion having a pressure surface with a base level, and having integral convexities in said base level; and

at least one actuator, said actuator engaging the active portion by only an actuating linkage (60).

- 2. The ergonomic support for a seat of a claim 1, further comprising at least one second actuator and at least one second actuating linkage (58), each actuator engaging the active portion by only one linkage, one of said actuators actuating in and out and motion of said active portion and the other of said actuators actuating up and down motion of said active portion.
- 3. The ergonomic support of any of the preceding claims, wherein said actuating linkage is a Bowden cable (60).
- 4. The ergonomic support of any of the preceding claims, wherein said active portion is an arching pressure surface.
 - 5. The ergonomic support of any of the preceding claims, wherein said active portion is a push paddle.
 - 6. The ergonomic support of any of the preceding claims, wherein said active portion is a tensioning strap.

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7. The ergonomic support of any of the preceding claims, wherein said active portion is a pneumatic device.

- 8. The ergonomic support of any of the preceding claims, wherein said arching pressure surface is stamped metal.
- 5 9. The ergonomic support of any of the preceding claims, wherein said arching pressure surface is molded plastic.
 - 10. The ergonomic support of any of the preceding claims, wherein said at least one actuator is driven by an electric motor.
- 11. The ergonomic support of any of the preceding claims, wherein said base level
 of said active portion is smooth, and further comprising separately manufactured convexities
 that are attached to said base level.
 - 12. The ergonomic support of any of the preceding claims further characterized in that:

said static portions are at least two guide rods (52), said guide rods having mounts adaptable to mount said guide rods on a frame of a seat;

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said pressure surface also having upper and lower rod mounts, said rod mounts engaging said guide rods and at least one said upper or lower rod mounts being slideable along said guide rods;

a traction cable (60) having a sleeve and a wire disposed to slide axially through said sleeve, said sleeve having a first end engaging an upper portion or a lower portion of said pressure surface and said wire having a first end engaging the other of said upper portion or said lower portion of said pressure surface; and

an actuator operatively engaged with a second end of said sleeve and a second end of said wire of said traction cable such that said actuator applies or releases traction to said

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pressure surface via said traction cable;

wherein application of said traction arches said pressure surface outward from a plane defined by guide rods.

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